



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Employee Assistance Program (EAP) Monthly Email – July 2023

Removing barriers to mental health

According to one study, one in five adults experienced mental health illness last year. Stigma can prevent people from seeking help, yet mental health illnesses – just like high blood pressure, high cholesterol, or diabetes – are treatable health issues. Your Carelon Wellbeing benefit offers support and resources at no extra cost. Use it to:

- Access information about mental health concerns.
- Find professional counseling online or in person.
- Discover new tools for taking care of yourself.
- Learn how to build a support network.
- Understand how to be an advocate for a loved one.

Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.



PHONE: 866-987-3705 | 401-429-2104

WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>

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Office of Employee Benefits

One Capitol Hill, 3rd Floor
Providence, RI 02908

www.employeebenefits.ri.gov

Phone: (401) 574-8530

Fax: (401) 574-9281